

Sidewalk Sale a Taste of the Past and the Future



Plenty of bargains awaited buyers in Visitation Valley during the Leland Avenue Sidewalk Sale on May 20.

by Crezia Tano

Saturday, May 20 was not a typical day for Visitation Valley. With the efforts of community volunteers and the small business owners, the Leland Avenue Sidewalk Sale event was a great success.

Several on street and home-based businesses rallied together to provide goods and services at very affordable prices. Although the forecast in weather predicted rain for the day, the Valley (as it usually is) was blessed with a rain free day.

Small businesses of Visitation Valley should really be commended for their efforts and willingness to participate in the event, which undoubtedly drew more people to the street and increased foot traffic. Some businesses reported jumps in sales for the day.

The Sidewalk Sale not only helped

businesses, but provided an opportunity for Valley residents to enjoy their community and what it has to offer. Many families were able to stroll up and down the street purchasing special foods, home goods, and children's toys.

"The event was great for me and the kids; we really enjoyed ourselves," said Valley resident Sandra Underdue said with a smile on her face. "Seeing all the people coming and going, it was almost like a fair. The children were really pleased with being able to buy little discounted items. We had lots of fun!"

In addition to the regular establishments, several home based businesses made the effort to make a presence on Leland Avenue. Three groups who set up tables were there to raise funds for special causes. The organic "Lemon-Aid" raised funds

for KPFA free speech radio, while sales from a recent Visitation Valley book went to support efforts to build a new neighborhood branch library. A hodgepodge of items sold by the Tzu Chi Foundation also raised money for Buddhist relief efforts.

"To see so many people on Leland (on) Saturday really showed the color of our neighborhood," said Edie Epps, VVBOOM volunteer and long time Valley resident. "It was great to meet new neighbors and be involved in this event! This is the way Leland used to be."

The Sidewalk Sale is testimony to the potential that Leland Avenue has in becoming a vital commercial corridor. Visitation Valley is on the rise, it is an emerging community in San Francisco. See Page 6

VVCC Member Gets Senior Award

Alice Wong, an assistant at the Visitation Valley Community Center (VVCC) was among the winners May 18 when State Senator Jackie Speier announced the winners of the 8th Senate District Asian Pacific Islander (API) American Heritage Month Senior Citizen Awards.

Also winning an award was Ming Tak Leong, a member of the San Mateo County Commission on Aging. Both Wong and Leong were chosen by Speier because of their outstanding character and exceptional work ethic on behalf of others.

"Throughout my legislative career, I have had the privilege of representing one of the largest API communities in the state," said Speier. "I am delighted to present this award to two outstanding senior citizens whose

service to others stands as a shining example to us all."

Wong had been recognized by her peers at the community center as "a woman of valor who is never idle." She has been known to go above and beyond while using her bilingual skills to serve both English- and Chinese-speaking seniors.

Her supervisor at the center, Charisse Smoller, said she based her nomination of Ms. Wong on a simple principle — "one who honors others deserves honor."

"I am very proud of our Alice and am so glad to work for such a fine organization with so many talented people," said Smoller. "Over 50 seniors and staff nominated her without her knowing we were doing it. We are excited that she has won."

Both award winners will tour the State Capitol and have lunch with Senator Speier this summer.

Largest Investment Ever in Children's Services Proposed for Next City Budget

In a packed auditorium at Ida B. Wells High School that included youth, city officials and representatives from a myriad of children and youth organizations throughout the city, Mayor Gavin Newsom announced on May 24 the largest investment in children's services in the City's history as part of the City's proposed budget for the next fiscal year.

Combined with the supplemental appropriations approved this past Spring, the Mayor is proposing an investment of \$34.8 million in new and expanded initiatives targeting children and youth in the FY 2006-2007 budget. Total combined spending between the Children's Baseline and the Children's Fund next year will be over \$130 million.

"This year's proposed investments for children and youth services represent significant input from families, youth and key stake-

holders across the city," said Mayor Newsom. "We are proud to be a city that has mandated funding to children and youth — and even more proud that we have exceeded those requirements by over \$2.5 million next year."

In his proposed budget, San Francisco's children and youth will benefit from a continuum of comprehensive programs that serve all young people.

The new and expanded services would support at risk youth—from infants, to youth transitioning into adulthood, foster youth, juvenile justice youth, homeless children, and students failing school. Additionally, youth whose opportunities to develop their talents have been limited by poverty, family instability, community violence, and institutional failure, would greatly benefit from the new and expanded initiatives.

High Gas Prices Not Due to Manipulation

The Federal Trade Commission (FTC) on May 22 issued a report detailing results of an intensive, Congressionally-mandated commission that found no instances of illegal market manipulation into whether gasoline prices nationwide were artificially manipulated by reducing refinery capacity or by any other form of market manipulation or price gouging practices.

Entitled *Investigation of Gasoline Price Manipulation and Post-Katrina Gasoline Price Increases*, the report did find 15 examples of pricing at the refining, wholesale, or retail level that fit the relevant legislation's definition of evidence of "price gouging." Other factors such as regional or local market trends, however, appeared to explain these firms' prices in nearly all cases.

During the time period examined, the Commission found no evidence that refiners manipulated prices or that oil companies reduced inventory to increase or manipulate prices or exacerbate the effects of price spikes generally.

The Commission also examined gasoline prices after the hurricanes to search for any instances of price gouging as defined by that legislation. In analyzing financial data for 30 refiners, 23 wholesalers, and 24 single-location retailers, the report found that 15 of these firms — seven refiners, two wholesalers and six retailers — had higher average gasoline prices in September 2005 compared to August, and that these higher prices were not substantially attributable to either higher costs or to national or international market trends.

Plotting a Positive Course Through Life Experiences

by Len Appiano

Everyday experiences have gained Vince Gagliardo a vast knowledge of know-how he treasures as the most valuable lessons in life.

"To enjoy your past and improve your future, you should plan and work at the present," he explained. "Use the past as a guide or tool for a better way of life rather than a mental dungeon."

Born in Los Angeles in 1929, Gagliardo lived in several towns up and down the California Coast while his father pursued the family trade as a commercial fisherman. In May 1937, he arrived by train in Oakland with his mother, two sisters and a brother and moved to San Francisco's North Beach, attending Garfield School.

Now at age 77, the Little Hollywood resident remembers decades earlier how routine maritime navigation years earlier while working on a fishing boat with his father, Sebastian, helped him survive years later as a soldier on a battlefield.

Both father and son were on a

vessel about four miles off Point Reyes when they were suddenly surrounded by a dense fog. Shutting down the boat's engine, they listened for foghorns from lighthouses at both Point Reyes and Point Bolinas before charting their position on a map and finding their way back home. A concave leaden weight coated with water pump grease dragged the ocean floor beneath them to help steer the boat clear of mud, rocks and shallow water.

In July, 1951 in the military as a forward observer serving in Kumsong during the Korean War, Gagliardo was stationed adjacent to a 1,073 meter-high peak and trapped under heavy machine gun fire. In a moment of desperation, he recalled years earlier how his father had found their way through the fog listening to foghorns, and was soon able to successfully establish his position unbeknown to enemy fire.

In later years, Gagliardo eventually parlayed his experience into helping establish a regional search and rescue team. This soon led to his involvement

with the regional Office of Emergency Services.

For years, he locally activated a weekly siren at Visitation Valley Elementary School which still sounds each Tuesday at 12 noon to test the City's public warning system. He also assisted in revising a disaster plan at the Visitation Valley Community Senior Center.

Gagliardo maintains that faith and optimism are the best solutions to dealing with life, an ideology he credits with successfully helping him through a recent bout with cancer.

As a boy decades ago on a fishing boat with his Uncle Joe on a day in September, Gagliardo remembers glancing upward at the sky and visualized a picture he summarized as a poem called *Feather Clouded Skies*:

"One day in September at the break of dawn,

I gazed at the sky with a pleasant yawn.

From the gleam of my eye I could see those clouds lie.

As though they were painted by you and I."



Vince Gagliardo and friend at Visitation Valley Community Senior Center.

Grapevine Mailbox

Officer Clemons Awarded

Hello Everyone,

We are very proud of Officer Lucy Clemons at Vis Valley Middle School and also Captain Chignell. Several years ago at graduation we gave Lucy a special award for all she had done for the kids.

This year at graduation we will be honoring two community individuals who have helped our students and everyone in the Valley. The first is Barbara Glasbie, a parent volunteer and someone who has worked with Dr. Mills and the Health Realizations Group running classes for students and parents. The second is Captain Paul Chignell, who has worked daily to help keep the peace in our Valley and make things safe for our students and everyone else.

Both are very deserving individuals and both work with many others to help support positive things in the Valley.

Graduation from the middle school will be held at Burton High School Auditorium on Wednesday, June 14th at 1:15 p.m. All are invited to attend.

Jim Dierke, VVMS Principal

Taking Control of Rising Gas Prices

Soaring fuel prices have motorists scrambling to find ways to save money by using less gas. Sure, you can simply stop driving as much, but for many consumers, that's not an option. But you can fight skyrocketing gas prices by taking control of your vehicle's unnecessary fuel consumption.

Performing simple and inexpensive vehicle maintenance will not only save gas money, perhaps as much as \$1200 per year, but will also improve a vehicle's safety and dependability.

The Car Care Council offers these gas-savings maintenance and driving tips:

*Check your vehicle gas cap. About 17 percent of the vehicles on the roads have gas caps that are either damaged, loose or are missing altogether, causing 147 million gallons of gas to vaporize every year.

*When tires aren't inflated properly, it's like driving with the parking brake on, and can cost a mile or two per gallon.

*A vehicle can have either four, six or eight spark plugs, which fire as many as three million times each 1,000 miles, resulting in a lot of heat, electrical and chemical erosion. A dirty spark plug causes misfiring, which wastes fuel. Spark plugs need to be replaced regularly.

*An air filter that is clogged with dirt, dust and bugs chokes off the air and creates a "rich" mixture - too much gas being burned for the amount of air, which wastes gas and causes the engine to lose power. Replacing a clogged air filter can improve gas mileage by as much as 10 percent.

*Keep your car properly tuned. A 21st Century tune-up can improve your gas mileage by an average of four percent. Fixing a serious maintenance problem, such as a faulty oxygen sensor, can improve your mileage by as much as 40 percent.

These simple vehicle maintenance steps can add up to serious savings. To learn more about how

to maintain your vehicle and reduce your fuel expenses, visit www.carcare.org.

Rich White, Executive Director, Car Care Council

The City's Economic Future

Greetings,

We need your help in shaping the economic future of San Francisco. The Mayor's Office of Economic and Workforce Development and a team of economic development experts are hard at work developing the San Francisco Economic Strategy, a first-of-its-kind economic development plan for San Francisco.

The success of Strategy depends on our hearing from people like you. Here are four ways you can help:

*Read our first analytical report. This report reviews changes in San Francisco's population and the recent performance of San Francisco's economy, and can be found on our website at www.sfeconomicstrategy.org.

*Attend a public meeting on June 1, from 6 to 8:30 p.m. in the Milton Marks Auditorium, California State Building, 455 Golden Gate Ave. Our experts will present the findings from the analytical report and get community input on our economic development priorities and goals. If you wish to attend this meeting, you must RSVP to sfecstrategy@sfgov.org.

*Take the community survey found on our website at www.sfeconomicstrategy.org.

*Reach out to your colleagues and friends. Please send the www.sfeconomicstrategy.org link to your colleagues, members, clients, friends, or anyone you think might be interested in having a say in San Francisco's economic future.

If you have any questions, please feel free to contact us at sfecstrategy@sfgov.org. Working together we can ensure that San Francisco remains a vibrant center of diverse economic growth. We look forward to hearing from you! Mayor's Office of Economic and Workforce Development

Economic Strategy

In 2004, San Francisco voters approved Proposition I, which authorized the creation of an economic development strategy for the City. Proposition I directed the Mayor's Office of Economic and Workforce Development to develop the strategy and to focus on identifying and developing industries that have the potential to create good jobs that align with the skills and education of San Francisco's residents. The strategy is also focusing on preserving and enhancing small business, creating job opportunities for disabled and vulnerable populations, and developing the City's tax base.

Summer is the Right Time to "Shape UP San Francisco"

by Mayor Gavin Newsom

In April, my office, along with a collaboration of city agencies including the Department of Public Health, the Department of Children, Youth and Families (DCYF) and the Recreation and Park Department, announced a new initiative aimed at improving the overall health of the City's children and families.

"Shape UP San Francisco" highlights the importance of regular exercise and healthy diet choices to combat obesity.

More than a quarter of the country's population, including 29 percent of San Francisco students, is affected by obesity, which has been associated with approximately 30 other health conditions including hypertension, type-2 diabetes, sleep apnea, stroke, asthma and depression.

Unfortunately, these percentages are growing. It's important for all of us to recognize this trend and attempt to change our behaviors for our sake and our children's sake.

Losing pounds and maintaining a healthy weight by eating wisely are keys to preventing obesity. Regular exercise is also a major component to combating this condition.

Did you know? San Francisco has more than 200 parks and recreation facilities to help get you in shape. Our city is packed with low-cost, easily-accessible exercise opportunities for you and your family, from walking and jogging trails, to sports facilities, dance classes and fitness programs.

This summer is the perfect time for us to get out, enjoy the weather and get some exercise. I invite you to explore some of these options from the Recreation and Park Department.

Aquatics

In addition to Lap Swim, Competitive Team Swimming (Masters), swim lessons, recreational swimming and Senior Swim programs, the Department's Aquatics program also includes Water Aerobics/Water Exercise/H2O Fitness.

Boating

Pedal and row boats are available for rental at Stow Lake in Golden Gate Park, opposite 17th Avenue and Fulton. No private launching ramps. For more information and rates, please call (415) 752-0347.

Dance

Adult & Teens Ethni-Jazz....Latin, Caribbean, and African Pop Music has inspired Natalia Njissang to create a stylized dance form using Jazz, Ballet, and Ethnic as a basis for her technique which she calls "Ethni-Jazz." All classes are fun, free, year-round, and can be joined at any time! For more information please contact dance instructor Natalia Njissang at (415) 864-7275.

Fly Casting

Casting pools are located adjacent to Angler's Lodge in Golden Gate Park, opposite the Bison Paddock. Access to the pools is free; bring your own equipment. For more information, please call (415) 386-2630 on Saturdays.

Gardening/Volunteer Work

Anyone who's done it knows it can be quite a workout. Gardening and cleanup opportunities in city parks and natural areas are available through the Department's award-winning Volunteer Office. Please call (415) 753-7265 for more information on how you can help beautify our parks..... and get a great workout at the same time.

Golf

The Recreation and Park Department has six golf courses— Lincoln Park, Golden Gate Park, Gleneagles International, Sharp Park, Fleming and the recently renovated Harding Park— for golf enthusiasts. Reservations for Harding/Fleming, Lincoln and Sharp can be made at (415) 750-GOLF. Golden Gate Park Golf Course can be reached at (415) 751-8987 and Gleneagles International at (415) 587-2425.

Handball

There are two indoor and two outdoor handball courts located north of Big Recball field in Golden Gate Park. No fees required; please bring your own equipment.

Horseshoe Pitching

Courts are located off Conservatory Drive in Golden Gate Park. Free; bring your own equipment.

Jogging/Running

Besides Golden Gate Park, there are several miles of jogging trails throughout the city, as well as some popular running venues, overseen by the San Francisco Recreation and Park Department. Marina Green is a popular choice among residents. Located on the north end of the city, Marina Green joggers are treated to

views of the Golden Gate Bridge, the Yacht Harbor and views across the Bay. The Polo Fields and Kezar stadium in Golden Gate Park, as well as Lake Merced, are also popular running venues. Par courses are available around the Polo Fields, along Marina Green and, for Seniors, behind the Seniors Center in Golden Gate Park.

Soccer

The Recreation and Park Department offers soccer opportunities for youth and adults through two leagues, the Futsal indoor league and the Seven-A-Side outdoor league. There are also several soccer pitches throughout the city available for your use.

Softball/Baseball

Softball/Baseball diamonds can be found throughout the city, in every neighborhood. The Department also runs an adult softball league and several youth baseball leagues catering to various skill levels.

Tennis

Tennis, anyone? It's the sport that offers great fun and enjoyment for all! There are 132 free municipal tennis courts located at playgrounds, parks and recreation centers throughout San Francisco. There are an additional 21 courts at the Tennis Complex in Golden Gate Park which can be reserved for a nominal fee. Lessons for children and adults are available on a year-round basis.

Walking/Hiking

Golden Gate Park and several of our slightly smaller parks, including Buena Vista Park, McLaren Park, Glen Park, Lake Merced and the Marina Green, offer visitors great exercise through walking and hiking. Our trails range from flat to moderate inclines.

For more information on any of these exercise opportunities and more, please call the Recreation and Park Department's Public Information Office at (415) 831-2782, or visit www.parks.sfgov.org.

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Come to Church This Week

GRAPEVINE VISITACION VALLEY

Editor: Len Applano
Published monthly by Visitacion Valley Community Center, 80 Raymond Avenue, San Francisco, CA 94134, (415) 467-9300; Fax: 467-3757; visvalley@earthlink.net; Web: www.visvalleygrapevine.com
Opinions expressed in the Visitacion Valley Grapevine are not necessarily those of Visitacion Valley Community Center.
VVCC Executive Director: Julia A. Kavanagh
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First Branch Library in 40 Years to Open

The Mission Bay Branch Library, located at 960 Fourth St., will become the 27th branch of the San Francisco Public Library when it opens its doors on July 8.

The first new branch in San Francisco in 40 years, this 7,500-square-foot library will cater to the burgeoning new Mission Bay neighborhood. Conveniently located at the corner of Fourth and Berry streets, the library is easily accessible by Muni and CalTrain.

The library is the first public community gathering place in Mission Bay. It is located on the ground floor of a multi-use facility, which also houses an adult day health center, affordable senior housing, retail space and a large community meeting room. "This is an exciting moment in the history of the Library and for the City," said City Librarian Luis Herrera. "We are pleased and proud to bring library services to this emerging neighborhood."

The Mission Bay Branch's collections and services will be tailored to the interests and needs of the community. The library's collection of approximately 34,000 books, CDs, DVDs and other materials will highlight local interests such as baseball, maritime history and boating. A children's area, along with books, storytimes and special programs, will be available for the growing number of families moving into the neighborhood. Materials in large print and a state-of-the-art large print reader to assist visually impaired patrons also will be

available.

Designed by San Francisco-based Santos Prescott and Associates, the library's look takes inspiration from current design trends, as well as from more traditional ideas about libraries. A large, circular circulation/information desk is located in the center of the entry area, making library staff more accessible and creating a centerpiece for the entry lobby. Big, bold lettering resembles that found at retail bookstores. Displays for new books, music and movies draw attention from outside, making the library's offerings highly visible.

The double-high reading area gives the library a monumental space that recalls the role of the library as an important public institution in the neighborhood. However, unlike libraries of old, seating areas are light, airy and casual, creating a relaxed atmosphere. In the main reading area, a large potted tree and artwork based on a theme of important quotations about books fosters a comfortable environment from which patrons can read, study or simply gaze out at peaceful Mission Creek.

To help engage Mission Bay residents, Friends of the San Francisco Public Library developed the Mission Bay Branch Library Campaign Committee, comprised of neighborhood residents, small business owners, and community leaders who spent the past two years working tirelessly to raise funds, awareness, and interest for the new branch.

Friends raised \$500,000 in private funds to pay for furniture, fixtures and equipment at the branch not covered by the bond.

"Friends is thrilled to be part of the historic opening of the Mission Bay branch, which will serve as an anchor in this wonderful new community. Neighborhood residents have been hard at work for the past two years raising funds and awareness for their new branch and it is with great joy that we all anticipate its opening," said Donna Bero, executive director of Friends of the San Francisco Public Library.

Library Construction

The library broke ground on Dec. 10, 2003 and cost close to \$4 million to complete. Construction of the branch was funded by a \$105.9 million bond measure passed by voters in November 2000. The Branch Library Improvement Program (BLIP) is the largest capital improvement campaign in the history of the San Francisco Public Library.

The Mission Creek Senior Community development, which houses the new library, is a collaboration between the San Francisco Public Library, Mercy Housing California, North and South of Market Adult Day Health Center, the San Francisco Redevelopment Agency and the San Francisco Department of Public Health. Mercy Services Corporation will operate the senior housing and programs, and manage the completed facility.

For more information about the new Mission Bay Branch Library, please call (415) 557-4277, or visit www.sfpl.org.

Mayor's Homeless Program Reaches Two Year Mark

Mayor Gavin Newsom's *Care Not Cash* program reached its two-year anniversary on May 4. Newsom's widely successful homeless program and designated national best practice, now referred to as the *Housing First Model*, continues to prove itself as an effective method to addressing homelessness in San Francisco.

Since its implementation, 1,318 formerly homeless individuals have been placed into permanent supportive housing with *wrap around services* also being provided on-site. Newsom's commitment to getting people housed and giving them the support they need to get their lives back on track has quickly become a model as the right approach to ending chronic homelessness on a local, national and global level.

"I am proud of the progress 'Care not Cash,' now Housing First, has had in our drive to end homelessness in our city," said Newsom. "In just two years time, we have changed the face of homelessness in San Francisco with a housing first program that has radically altered our capacity to end chronic homelessness."

With more supportive housing units continuously coming online, Newsom anticipates that all remaining homeless person participating in the city's County Adult Assistance Program (CAAP) should have housing

Events at Visitacion Valley Branch Library

Following are events in March at the Visitacion Valley Branch Library, 45 Leland Ave. (at Desmond Street):

*June 6, 13 and 20, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

*June 6, 13 and 20, Tuesday: Infant/Toddler Lapsit with stories songs and rhythms for babies and toddlers ages birth-3 at 11:15 a.m.

*June 14, Wednesday: Preschool Video at 10:30 a.m.

*June 20, Tuesday: Insect Discovery Lab - The Center for Ecosystem Survival brings live insects to meet and touch at 1 p.m. For ages 5-12. Space limited. Call (415) 355-2848 for reservations.

*June 27, Tuesday: Bonnie Lockhart sings songs and music from around the world at 10:30 a.m. For ages 3-5.

made available to them by end of summer 2006. Since the implementation of Care not Cash, the City has reported a 41 percent decline in homeless individuals living on the streets.

Notably, retention rates among the program participants stands at 95 percent. This means that the housing providers report that more than 95 percent of the clients placed in their hotels, are either still living there or have moved out "for good cause" after one year.

Where as the city has achieved success with the reengineering of the homeless system for single adults by transforming from a continuum/emergency oriented

system to one that focuses on providing housing first, Newsom proposes that the same approach can prove equally as effective and successful when applied to homeless families.

The Human Services agency is leading a task force to transition the homeless family system from a crisis driven system to a housing first model.

This approach will include expansion of eviction prevention and rental assistance.

In addition, the Mayor's Office and the Board of Supervisors have earmarked an allocation of \$1 million dollars to go toward Family Maintenance and Eviction Prevention for Homeless Families.

Teen Summer Read at S.F. Public Library

San Francisco Public Library's 2006 Teen Summer Read program will be held June 16- July 28 at 21 different library locations. Teen readers are encouraged to join the program and win prizes for summer reading, including gift certificates to Borders Books and Music, Ben & Jerry's ice cream coupons, an iPod shuffle, free books, amusement park passes, free arts classes, and more.

All registered teens will receive a Teen Read logo button. Teen Summer Read participants will be required to read 10, 20, or 30 hours, and record their thoughts about what they read on comment cards. For every 10 hours of reading, they will receive a prize, as well as a chance to win grand raffle prizes at the end of the program. Those who read 30 hours will receive an invitation to a finale party on Aug. 4 for teens only with entertainment and refreshments. Prize incentives for Teen Summer Read are as follows:

- *10 hours - tri-lighter logo pen
- *20 hours - Ben & Jerry's ice cream coupon.
- *30 hours - Borders Books & Mu-

sic gift certificate.

Teen Summer Read participants may read books, magazines, graphic novels, or newspapers to qualify (e-mail is not eligible). All teens who read 30 hours or more will be eligible to enter a raffle for additional prizes, including an iPod shuffle.

Teen Summer Read is funded by Friends of the San Francisco Public Library. For more information, please call (415) 557-4268 or visit www.sfpl.org/sfplonline/teen/teens.htm

Brunch and Bake Sale At VVCC Senior Center

Visitacion Valley Community Senior Center will be hosting a Sunday Brunch, Bake Sale and Raffle in honor of mothers beginning at 11 a.m. on Sunday, June 4 at 66 Raymond Ave.

Brunch will be served at 11 a.m. with an intergenerational talent show beginning at 12 noon. Tickets at the door will be \$5 for adults and \$3 for youth 13 and under. Mothers will be admitted for free. Call (415) 467-4499 for more details.

Free Trees for Visitacion Valley

June 24, 2006

All Sign-ups must be completed by May 31

You are invited to plant a tree with us in front of your home or business.

The cost of planting a tree, normally more than \$300 if done on your own, is being subsidized by Friends of the Urban Forest. And, due to special funding, the price is now free!! Act now while this funding still exists!!

What you will get, at no cost to you, includes:

- *FUF's help in selecting the right tree for you
 - *The tree
 - *City permit processing
 - *Checking for utilities and clearances
 - *Concrete removal
 - *Planting materials and tools
 - *Experienced staff and planting volunteers to help plant your tree
 - *A 2-month and 18-month post-planting tree care visit
 - *A chance to meet your neighbors and to enjoy a potluck lunch with them immediately following the planting!!
- Trees help to increase your property value, reduce air and water pollution, reduce energy costs, beautify the neighborhood, block wind, absorb noise and build community spirit!! If you would like to sign up, please contact Fran Martin, 415-468-0639 (or Karen Noll, FUF Community Outreach Manager, 415-561-6890, x101) before March 22.
- And don't forget to tell your neighbors, too!!



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- *BBQ
- *Sandwiches
- *Seafood
- *Appetizers
- *Party Platters
- *Desserts



The Sensible Environmentalist

Important Gas Alternative

by Dr. Patrick Moore

Dear Dr. Moore:

Why are people making so much fuss over ethanol? Hasn't it been used in gasoline for decades?

You're right. Ethanol has been used to fuel cars since 1908, when Henry Ford designed the Model T to run on ethanol or gasoline. Its initial popularity lasted until the end of World War II, when cheap oil and natural gas all but killed the market. But it spiked again in the late 1970s (because of oil shortages and as a non-polluting substitute for lead in gasoline) and has continued ever since.

The difference now is that ethanol has the potential to take on a much larger role in our society. North America needs a domestic, clean and abundant alternative to fossil fuels—both to end our dependence on Middle Eastern oil, which is causing all kinds of problems, and to reduce emissions of carbon dioxide and other greenhouse gases.

The biggest challenge is cost. Most ethanol is made from fermented starch from corn or sugar from sugarcane. But the process is so expensive that the U.S. industry (which accounts for 97% of North American production) has to rely on government subsidies, which are set to expire in 2008.

In his State of the Union address, President Bush made the development of clean, alternate fuels a priority. However, instead of continuing to subsidize an uncompetitive industry, the government is investing millions of dollars developing ways to produce a new type of ethanol—known as "cellulosic" ethanol—which is made from the cellulose in agricultural and forestry waste.

In addition to being substantially cheaper to make, cellulosic ethanol may reduce carbon dioxide emissions by more than 90% over gasoline, compared to just 18-29 percent for conventional ethanol. It also lowers emissions

of carbon monoxide, particulates and other pollutants, and certain production methods generate electricity, which is used to produce more ethanol and further reduce costs.

While the technological hurdles are being overcome, auto manufacturers are also doing their part to promote the increased use of cleaner fuels by producing flex-fuel engines, which can use blends of up to 85 percent ethanol (to gasoline) compared to typical blends of just 10 percent.

So far, the market has been slow

to respond. Ethanol use has risen substantially since 2000, but even though more than four million vehicles on the road today have flex-fuel engines, most still run on gasoline. But the need is great and the solution makes sense, so there's every reason to believe that clean, domestically produced ethanol will allow a significant reduction in gasoline consumption at some point in the not-too-distant future.

A co-founder of Greenpeace, Dr. Patrick Moore is Chairman and Chief Scientist of Greenspirit Strategies Ltd. Questions can be sent to Patrick@SensibleEnvironmentalist.com.

Record Breaking Gas Price Hikes Level Off

The last month was one many drivers would probably rather forget. According to a recent report from AAA of Northern California, average fuel costs increased by 52 cents per gallon since the last monthly report on April 11. That price hike is even larger than the increase in fuel costs consumers faced after last year's hurricanes, which took a significant portion of the nation's oil production and gas refining facilities out of commission.

"The punishing cycle of price increases we've suffered through recently appears to be coming to an end," said Sean Conney, spokesperson for AAA of Northern California. "Unfortunately, it seems unlikely that we're going to get to the point any time in the near future where most consumers can cross high gas prices off their list of concerns."

Many of the factors that led to current prices remain in place. Crude oil, although it has backed off from recent record high prices, is still extremely expensive compared to average prices over the last few years. Current and potential future problems in oil producing regions of the world that have triggered increases in oil prices do not seem likely to be resolved any time soon.

According to the California Energy Commission (CEC), statewide gasoline production is down about 3 percent compared to the same time last year. Some California refineries have decreased production for both planned and unscheduled maintenance. At the same time, a CEC analysis indicates refinery profit margins are rising significantly

The current average price in California is \$3.38, 84 cents per gallon higher than a year ago. The most expensive average gas price in Northern California communities where AAA monitors fuel costs is in Eureka, where regular unleaded sells for \$3.52 per gallon. The lowest price among California cities tracked by AAA is in San Rafael, where gas costs an average of \$3.22 per gallon. Throughout Northern California, the average price is \$3.32. In the Bay Area, the average price is \$3.35. Before the latest round of price hikes shattered the old record, the previous statewide record high price of \$3.05 was set on September 9, 2005.

The nationwide average price is \$2.93 per gallon, up 24 cents from the previous AAA gas price report on April 11. The national average is 45 cents per gallon lower than the California statewide average price. The least expensive gasoline in the country is found in Cheyenne, Wyoming, where regular unleaded costs an average of \$2.61. The highest average price for gas in the United States in Wailuku, Hawaii, where a gallon of regular unleaded sells for \$3.70. The highest price for gas in the Continental United States is in the southern California town of Blythe, where the average price is \$3.61.

"A little conservation would go a long way toward addressing our current problems," said AAA's Conney. "If we could all save a few gallons a month, it really adds up and could help bring prices down. It doesn't have to be a drastic change, just try telecommuting, mass transportation or car pooling occasionally."

Resources for consumers who want to reduce the amount fuel they use are available online at www.aaa.com/gasprices.

AAA's Fuel Gauge Report is the most comprehensive retail gasoline survey available, with over 85,000 self-serve stations surveyed everyday nationwide. Data is provided in cooperation with OPIS Energy Group and Wright Express, LLC.

Book Review

Are College Graduates Ready to Build Careers?

This year, 1.4 million new college graduates will be flooding into the job market after receiving their diplomas. The good news is that it is the strongest job market we have experienced in five years. The bad news is that many of these graduates will be unprepared to begin building their careers successfully.

"Career counselors on campus don't necessarily give graduates the tools they need to build rewarding careers," says Wendy Adams, a career coach. "Some predict that we will have the most unskilled, unprepared workforce in professional history. If the individuals entering into our workforce do not feel personally empowered and equipped for success, both they and the organizations they support will suffer."

Adams, (with co-author and husband Gene Pometto) penned the recently released book, *The Coach Compass, Navigation Tools for Career and Life Success*. She makes the point that recent grads need to formulate some kind of strategy before embarking on their careers. "Grads should have a detailed career plan in place," says Adams. "While much of the advice for graduates focuses on landing that first job, unfortunately not enough of it focuses on building a satisfying career."

Her book provides sound strate-

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are \$3 per child; \$5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

*June 3: Combine a little colored sand and glue and a lot of imagination in a beautiful sand painting.

*June 10: Learn about the fascinating habits of owls through owl pellet dissection.

*June 17: Add drawbridges, turrets, and a moat to the miniature castle of your imagination.

*June 24: Try your hand at an old Japanese record-keeping technique that is so beautiful it's become an art form: fish printing!

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. (\$5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

gies that could potentially set today's graduates on a rewarding career course by breaking down the career lifecycle into twelve potential positions. It gives abundant examples of how each of these positions can be comfortably navigated in positive, growth-promoting ways, and conversely, how the lack of self-knowledge and motivation when overcoming obstacles may eventually lead to apathy, stagnation and disappointment.

"It's important for recent grads to realize that a job is not a career and should not be viewed as such," says Adams. "A common mistake is that graduates focus too much on the job, while overlooking the essential elements that could lead to a more fulfilling career. Focus on the whole and not just one of the parts. You can really choose how successful you want to be, by clearly defining who you are, what you do, and what you want. It's not what happens to you, it's what you make happen!"

Adams advises graduates to pursue a career that makes the best use of their talents and passions. "As you ponder the next big step in your career, weigh it in terms of how it satisfies you both personally and financially," says Adams. "The most meaningful work is work that allows a person to express his or her authentic self." She offers some suggestions for recent graduates:

*Decide what you want out of your career and draw up a plan "on paper."

*Articulate and map out what you have to offer potential employers.

*Use your personal connections with professors, business associates, and even your parents' friends in order to promote your value and expand your reach.

*Continually emphasize your potential.

To the question "How successful do you want to be?" Adams and Pometto say: "You decide."

The future is literally in the hands of our graduating students and it will be up to them to decide where they want to go from here. "While parents, peers, teachers and mentors may have had to opportunity to encourage you to develop to certain preferences, skills and interests, you are ultimately the one that will need to address the barriers that prevent success from happening," says Adams.

Cooking Corner

Chef Judi Gallagher's Sour Cream Coffecake

(Serves 10-12) 2 sticks sweet butter; 2 cups granulated sugar; 2 eggs, beaten; 2 cups unbleached all purpose flour; 1 Tablespoon baking powder; 1/4 teaspoon salt; 2 cups dairy sour cream; 1 Tablespoon plus 1 teaspoon pure vanilla extract; 3/4 cup brown sugar; 1-1/2 Tablespoons ground cinnamon; 1-1/2 cups shelled pecans, chopped; 1/2 cup whole cranberries; 1/2 cup fresh blueberries.

Preheat oven to 350° F. Grease a 10-inch bundt pan or two 8-inch loaf pans. Dust lightly with flour. Cream together the butter and granulated sugar. Add the beaten eggs and blend. Add the sour cream, one cup at a time and add vanilla. Sift together flour, baking powder and salt.

Fold the dry ingredients into the creamed mixture and beat until blended. Do not over mix. In a separate bowl, mix brown sugar, chopped pecans and cinnamon together.

Pour half of the batter into the greased and floured pan. Sprinkle half the brown sugar mixture on top. Add 1/2 of the cranberries and blueberries and pour the remaining batter into the pan.

Repeat the process with the remaining brown sugar mixture and fruit. Place in the preheated oven in middle rack for about 60 minutes or until a cake tester comes out clean.

Let rest for about 45 minutes and serve while still warm.

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For more information, call the
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Sunday Masses 8 & 9:30 a.m. (11 a.m. Spanish) 12:30 & 5 p.m. Our Lady of Visitacion School Grades K-8 239-7840

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Watercooler Counsel

by Rich Proulx

Coughing up Files

Q: A former employee recently asked for a copy of their personnel file. Do I have to give them a copy? How long do I have to keep personnel files for former employees? -Too much paper in Salem, OR

A: The laws regarding providing access to personnel files tend to vary state by state. Many states, including Oregon, do permit former employees to receive copies of their personnel files. When providing the copy, the manager who is providing the file should include a signed statement indicating that the documents provided represent a true and correct copy of the employee's personnel file. Answering your question about how long to keep personal files is a trickier proposition. State and federal laws provide different timeframes for different documents. In your case, Oregon state law requires the personnel file be kept for 60 days after the employee's separation. The Federal laws enforced by the EEOC requires many personnel records be kept for one year, but certain records must be kept longer - certain payroll information must be kept for three years. Then, there are tort actions that you might have to defend yourself against. In Oregon, the statute of limitations for a breach of contract is six years. Keeping personnel files for seven years is the most prudent course of action. So much for cleaning out those old file cabinets!

Q: I am an African-American salesperson and get paid on a commission basis. My manager assigned me a sales territory that is predominantly African-American. When I asked him why I was assigned this territory, he said that he thought that I would better suited serve the type of people who live in this territory, which would provide more commissions for me. I feel like I am being treated differently because of my race. Do I have a case? -Pete T., Oakland, CA

A: It sure sounds like it. Your employer cannot deprive you or other employees with employment opportunities on the basis of your race. It appears that your employer determined your assignment based on the racial demographics of the sales territory. However, it is possible that the "type of people" in this territory did not refer to race. Before taking any further steps, I suggest having another conversation with your manager to see he would further clarify his comments. If your employer did provide you with a specific sales territory based on your race, it would be a violation of Federal law.

Q: I own a company who has an employee with a serious weight problem. Over the past few years, she's gone from rather heavy to morbidly obese. I am concerned that she projects a negative image to my clients who may think we hire slow and lazy employees. Is there any problem with putting her on an unpaid leave of absence until she gets her weight under control? -Ivan L., Anchorage, AK

A: You bet there is. Taking action against your employee will likely be running afoul of federal disability laws that prohibit employment discrimination. Federal (and many state) disability laws protect employees with a disability from discrimination in the workplace - and being morbidly obese may be a disability. The law defines disability as "a physical or mental impairment that substantially limits one or more major life activities." So, if your employee's morbid obesity substantially limits her in walking, for example, she is likely protected by the Americans with Disabilities Act. So, if you take any action against her for her disability, you could be liable. Of course, being overweight does not automatically

mean a person has a disability. (Otherwise, quite a few of us would have a disability, especially on the day after Thanksgiving.) However, what is also covered by the law are individuals whose physical or mental impairment substantially limits major life activities only as a result of the attitudes of others toward such impairment, or is regarded as having a substantially limiting impairment by an employer when they don't. An employer who refuses to hire an applicant because of a perception that the person's morbid obesity will interfere with their performance may be discrimination. What I suggest for you and other employers in your situation is that you educate your managers about disability discrimination. Don't create "regarded as" claims by making assumptions on what duties overweight employees can perform. Lastly, treat requests for accommodation from obese employees with sensitivity, since obese individuals often have other impairments that would afford them protection of disability laws.

Q: Would it be a violation of the law for my employer to place an ad requesting that only non-smokers apply for available positions? -Tanya G., Stockton, CA

A: Hmm, I'm unaware of any Federal laws that would bar this activity. Most states have laws forbidding employers from firing employees for lawful, off-duty conduct, such as smoking. Usually,

this encompasses all legal personal activity by employees that occurs away from the worksite on their own time except when the restriction reasonably relates to the job. For example, it may be legal for an employer to fire a smoking cessation counselor for smoking, since smoking (and that sweet tobacco smell clinging to her clothes) could conflict with the performance of the employee's duties. Whether these laws would prevent you from placing the ad you described or refusing to hire smokers depends on the law of your state. For example, according to Dean Fryer, spokesperson for the CA Dept. of Industrial Relations, the California law that prohibits discrimination against employees for their off duty, off premises conduct would not prohibit your employer from placing an ad requesting only non-smoking applicants nor hiring only non-smokers. Employers have pointed out that smokers cause insurance rates to increase and hiring non-smokers can reduce this cost. Check with your state labor commissioner for more information about how your state laws affect you.

There is such a tangle of laws that affect the workplace. Rich and his team of government experts are here to help you sort it out. In 2005, 35.5 percent of charges filed with the EEOC alleged race discrimination, making race the most-alleged basis of employment discrimination under federal law. Send your questions to richard.proulx@eoc.gov, whose day job is Supervisory Investigator for the Equal Employment Opportunity Commission www.eoc.gov. Identifying information in the questions may be fictional.

S.F. Library Kicks Off Children's Summer Reading Program

For thousands of children in San Francisco, June brings the end of the school year and the start of the San Francisco Public Library's Summer Reading Club program.

This year's program, *Don't Bug Me...I'm Reading!*, will be held June 17-Aug. 12 at the Main Library, branches, and bookmobiles for children through age 13.

The Summer Reading Club is a citywide program designed to encourage children to read during the summer months. Delving into a book is always an adventure; it's a journey into another world, one that can be very similar to or very different from the one in which the reader lives.

Summer Reading Club participants may read whatever interests them, including books in languages other than English.

Preschool-age children can participate by having someone read to them. There will also be a theme-related reading list featuring picture stories, fiction, and non-fiction books on gardens, flowers, plants, and, of course, bugs!

Every child who registers will receive a fun and whimsical *Don't Bug Me...I'm Reading!* bookmark. Children will be awarded prizes after they've read for two, four and six hours.

Children who read eight hours or more and visit the library at

VISITACION VALLEY GRAPEVINE • JUNE 2006 • 5

least twice, will receive a grand prize. Grand prize choices include: a free book; a cuddly stuffed bee, or passes to a number of Bay Area children's attractions.

In addition to participating in the Summer Reading Club, young people ages 10-16 are invited to become Kid Power volunteers.

Kid Power volunteers encourage kids to sign up for the reading program, assist them with registration, and help tally participants' reading hours, among other tasks.

During the summer, the Library will offer expanded programming for children with weekly performances by musicians, magicians, acrobats, storytellers and puppeteers, among others.

Additionally, the Library will host a number of special programs tied to a nature theme. Among the highlights: Wildlife Associates will bring a variety of animals to visit 12 different library locations; the Insect Discovery Lab will let bug lovers get up close and personal to some creepy crawlies; and The Lizard Lady will present a Reptile Review. Please check the event calendar in the Library's monthly At the San Francisco Public Library newsletter for program times and dates.

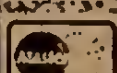
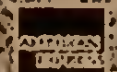
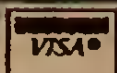
The Summer Reading Club is free and open to the public. For more information, please visit your local library, call (415) 557-4277, or visit the Library's web site at www.sfpl.org/sfplonline/kids/kids.htm.

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Joe Leland around the neighborhood

***Leland Avenue Sidewalk Sale:** With a break in the weather, lots of Valley residents came out for the Leland Avenue Sidewalk Sale on Saturday May 20th. Merchants along Leland Avenue had special one-day sales as Visitacion Valley participated for the first time in the annual citywide "Shop the Block" event sponsored by the San Francisco Small Business Commission.

***Coffman Pool Closed for Renovation:** After numerous delays, the renovation of Coffman Pool is now underway. The deteriorated 48-year-old building is being torn down and will be replaced by a new facility in the next 18 months.

***Leland Avenue Street Fair:** The date has been set for what promises to be a fun filled community event. Sunday, September 10th from 10 a.m. to 4 p.m. The Leland Avenue Street Fair will be held along Leland Avenue, from Bayshore Boulevard to Alpha Street. For more information, to volunteer, or to add to our mailing list contact Crezia Tano at Ctano@VVBOOM.Org or call 415-587-7896 x104 or Russel Morine at Rmorine@aol.com or call 415-740-4014.

***Home Based Business:** Are you a Visitacion Valley resident operating a home-based business? The Visitacion Valley Business Opportunities and Outreach to Merchants (VVBOOM) is planning a networking event to discuss your special needs and to survey the kinds of neighborhood services that might help your business. For more information call Bob Lehman at 415-902-1122 or email 3-list.keeper@sbcglobal.net

***Got email?** Want to stay current on Valley meetings and events? Send an email to the Bob "Keeper of the List" Lehman requesting regular email updates: rlpb@sbcglobal.net

Neighborhood Services Emphasized at Status of Women Commission Meeting

San Francisco's Commission on the Status of Women brought their commission meeting to Visitacion Valley on Apr. 26 to connect with the community and learn of issues concerning women and girls of the Valley.

Attended by a mix of residents and service providers, the meeting revealed many issues of concern as well as providing an opportunity for commission members and the general public to learn about programs and services that currently exist within the Valley and around the City and the Bay Area.

Speakers included Sharen Hewitt (of CLAER) as well as one of the CLAER employees, Kriztina Palone (of the Mayor's Office of Neighborhood Services) and Eli Horn (of VVC Beacon Center) who spoke about public safety and neighborhood violence. Vincent Chao, principal of Visitacion Valley Elementary School, emphasized the positive side of neighborhood and school activities.

A resident of the community spoke of how she grew up in Geneva Towers, participated in GASA (Girls After School Academy) and other Visitacion Valley programs, left the Valley when the Towers came down and then moved back into the Valley a few years later as a parent. She was very concerned about violence and how it might affect her children.

Charisse Smoller of VVCC Senior

Center announced a belated Mothers Day event to include an Intergenerational Musical Performance on Sunday, June 4 at 11 a.m. to be held at 66 Raymond Ave.

Idell Wilson, a resident of Visitacion Valley spoke on an issue that is very important: hidden disabilities. She hosts her own television program on Channel 29 on this subject, and stated that some of the disabilities she is concerned about include illiteracy, diabetes, and anger — all in need of much attention.

A representative of the Alliance for Lupus Research announced the future opening an office in the San Francisco Bay Area, and a first Walkathon to raise funds for research on Nov. 4 with Genentech signed as its first local sponsor.

A number of women in the City's southeast neighborhoods suffer from lupus. For more information about the Alliance, contact the national office at 28 West 44th St, Suite 1217, New York, NY 10036. Call (800) 867-1743 or email info@lupusresearch.org.

Their website is located at: www.lupusresearch.org.

The Commission on the Status of Women meets monthly, generally on the 4th Wednesday of each month. The next meeting in the community will be Aug. 16. Call the Commission office for more information at (415) 252-2570.

S.F. Campaign to Reduce Checkout Bag Use

In a concerted effort to reduce the number of checkout bags used in San Francisco, Mayor Gavin Newsom and Supervisor Ross Mirkarimi acknowledged representatives of the Progressive Bag Alliance and Bay Area grocery stores who on May 10 unveiled a new public service advertising campaign, and reviewed methods individual stores are using to reduce bag distribution and increase recycling.

Last November, the Mayor and area stores initiated a public-private waste reduction agreement, the first of its kind in the nation, which calls

San Francisco Named Best Pet Friendly City

San Francisco was chosen by the editors of Reader's Digest Magazine as the "Best Pet-Friendly City" in the country in a special issue of the magazine devoted to America's 100 Best.

"Pets are an important part of San Francisco's culture and society," said Mayor Gavin Newsom. "From pet-friendly hotels to world-class veterinary facilities, this city is one of the best places to live with a pet as a member of the family."

According to the city's Animal Care and Control Department, there is an estimated 700,000 pets owned by San Francisco residents.

for significant reduction of grocery checkout bag use. Working in conjunction with city government, supermarkets operated by Albertsons, Andronico's Market, Bell Markets, Cal-Mart Supermarket, Cala Foods, Foods Co., Mollie Stone's Market, and Safeway Inc. have set a reduction target of 10,000,000 checkout bags by the end of 2006.

"San Francisco is a global environmental leader, and by working with partners in the private sector we are moving towards the reduced use of disposable items such as store checkout bags," said Mayor Newsom.

The Commission on the Environment first looked at the issue of grocery checkout bag reduction in San Francisco in late 2004. Subsequently, Mayor Newsom and Supervisor Mirkarimi co-sponsored a resolution focusing on reduction measures, and have worked together with industry to craft the voluntary reduction agreement.

"San Francisco's grocery stores and the Progressive Bag Alliance appear to be taking reasonable steps to meet the agreed upon goal of 10 million fewer checkout bags," observed Mirkarimi. "But the real proof of the matter will come at the end of the year when we review the numbers and verify the reduction."

Sidewalk Sale a Taste of the Past and the Future



From Page 1

Photos by Crezia Tano

With support from the community, especially the merchants and dedicated community leaders, revitalizing the community has been a fruitful effort and Leland Avenue is coming back to its roots. It is shaping back into a bustling commercial corridor, with coffee shops, restaurants, and produce markets.

And the Leland Avenue Sidewalk Sale was an opportunity to experience the sounds, scents, and sights of "downtown" Visitacion Valley and soak up the warm sun of the south east sector of San Francisco.

With ideal weather conditions throughout the day, everyone in the community had a wonderful time on May 20 meeting new friends and shopping for great bargains during the first Leland Avenue Sidewalk Sale.

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Sandra Davis, Executive Director at (415) 333-2659

“Payback” Estimates for the Most Common Home Improvement Projects

Type of Improvement	Average Cost of Improvement	Percentage of Cost Recouped Resale
New heating system	\$2,000 to \$4,500	100%
New air conditioning system	\$2,000 to \$4,500	75%
Minor kitchen remodeling	\$2,000 to \$8,500	94% to 102%
Major kitchen remodeling	\$9,000 to \$25,000	90%
Add bathroom	\$5,000 to \$12,000	92%
Add a family room Remade bathroom	\$30,000 \$8,500	86% 77%
Add a fireplace	\$1,500 to \$3,000	75%
Build a deck	\$6,000	73%
Remodel home office	\$8,000	69%
Replace windows	\$6,000	68% to 74%
Build a pool	\$10,000 and up	44%
Install or upgrade landscaping	\$1,500 to \$15,000	30% to 60%
Finish basement	\$3,000 to \$7,000	15%



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All in the Family Baretta Barney Miller Bob Newhart Brady Bunch	Charlie's Angels CHiPS Dallas Dukes of Hazzard Good Times Happy Days	Incredible Hulk Jeffersons Laverne and Shirley Little House on the Prairie	MASH Mary Tyler Moore Show Muppet Show Odd Couple Sanford and Son	Starsky and Hutch SWAT Taxi Waltons Welcome Back, Kotter
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Historic Proportions

- 1893
Match clues to answers.
1. First car number plates were seen here on Oct. 10.
 2. This crashed on May 5, starting a depression.
 3. This became a French colony on Mar. 10.
 4. She was acquitted on June 20 of murdering her father and stepmother.
 5. He finished building the first motion picture studio on Feb. 1 in West Orange, New Jersey
 6. World Parliament of Religions opened here on Sept. 11.
 7. This nation accepted the Gregorian calendar on Jan. 1.

As a Matter of Fact

*The Sacred Cod hangs over the rear of the chamber of the Massachusetts House of Representatives in Boston. The five-foot carved fish symbolizes the importance of the fishing industry in the state's early growth and development.

*There are more than half a million styles and sizes of camping tents.

*The people of India speak 14 major languages and 1,000 minor dialects. The major languages belong to two language families: indo-European and Dravidian.

*In 1997, the number 42 was officially retired by all major league baseball teams in honor of the 50th anniversary of Jackie Robinson's breakthrough with the Brooklyn Dodgers.

Five Years Ago In the Grapevine

JUNE 2001
*Visitation Valley Elementary School (VVES) community celebrated Cinco de Mayo, Filipino Independence Day and Samoan Flag Day during two multi-cultural assemblies in the school auditorium. Parents and children later attended a sold out evening talent show at the school.

*Planners selected Herz Playground for Visitation Valley Neighborhood Day at a May meeting.

*A construction outreach meeting of the Third Street Light Rail Project was scheduled for September at Visitation Valley Community Center.

Sump, the Grump



Poor Rix's Almanac

by Rix Quinn
Poor Rix, as a member of my school band, I would like to know about early musical instruments. – Melinda

The earliest is either the dinosaur's growl or the human voice, depending on which you think is the superior animal.

Next came objects people hit, like drums, tambourines, or the Neanderthal cannibal who invited his neighbors for dinner, then told them they were the main course.

Dear Poor Rix: I've heard different stories on this. Who were the first folks to come to this country? – Amateur Historian

Archaeologists suspect the first people arrived here 12,000 years ago. Nobody knows where they settled, because they didn't write their location on the back of their primitive photos.

Help, Poor Rix! My cat just ate my bird. Is that bad? – Animal Lover

Sadly, your birdie and kitty are part of a huge "food chain." That means stronger animals often devour weaker ones, and explains why a well-financed politician can usually defeat one with a smaller wallet.

But regarding your situation, eating a bird likely won't hurt the cat. For the bird, however, it's probably fatal.

Hey, Poor Rix: Please settle these ongoing arguments we have at work. Is popcorn really corn? Is the tomato a fruit or vegetable? How about an eggplant? – Office Manager

Popcorn is actually corn. A unicorn is not.

Some people think tomatoes are fruit, and others think they are vegetables. My Uncle Hickory claims tomatoes are a grain, but he's always been kind of a nut.

As for eggplant, I'm clueless. Poor Rix once tried to plant an egg, but it never grew a chicken.

Poor Rix: At night, I get frequent calls from sales people. Does this happen to you? – Larry

Yes. Last night I got a call from a guy who offered ventriloquism lessons. "How do I know they work?" I asked.

"Because," he said, "right now my dummy's talking to you, and I'm drinking water."

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ZooFest for Kids

Children, parents, grandparents, and friends are invited to participate in the San Francisco Zoo's most popular annual family fundraiser, ZooFest for Kids on Friday, June 2 from 6:30 to 8:30 p.m.

Proceeds support the Zoo's conservation and education programs. Call (415) 753-7298 or email leahw@sfozoo.org. The zoo is located on Sloat Boulevard at 47th Avenue.

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"Because," he said, "right now my dummy's talking to you, and I'm drinking water."

Hey, Poor Rix: What is the oldest domesticated animal? – Pet Fancier

Probably the dog, who bonded with humans over 12,000 years ago. The second animal domesticated was the Neanderthal bachelor. But many of them returned to the wild.

Poor Rix: What can you tell me about eye make-up? – Student

Historians say that the earliest eye glitter was made from lustrous, crushed beetle shells. People wore the shiny stuff awhile, but then it began to bug them.

Ancient cultures also prized early face powder, which contained lots of lead. They applied this deadly substance liberally to their faces and necks. This made them look good, but feel bad.

Sadly, many died. Maybe that's where we get the term "drop-dead gorgeous."

Poor Rix: What do you know about the best real estate buy ever made?

I suppose it would be Peter Minuet's 1636 purchase of Manhattan for \$24, plus some trinkets and beads. Coincidentally, Poor Rix spent the identical amount on his wife for our anniversary.

Dear Poor Rix: What do you think about the current business climate? – Womied

Poor Rix believes that weak economic times are like cold sores. No matter what you do, they eventually get better.

How long does it take a chicken to hatch eggs? – Curious

A long time. But time means nothing to a chicken.

Actually, it takes about 21 days for

a chick to come out of its shell...longer if it's shy.

Dear Poor Rix: Since you claim to be bookish, who invented libraries? – Librarian

Ancient Mesopotamians deserve the credit. They created books by marking on wet clay tablets. When these dried...instant heavy reading!

Then these smart people – with tons of texts – built libraries to house their volumes.

Unfortunately, few ancient books survive. And they don't have many pictures, because it's tough to draw with a chisel.

Poor Rix: I'm about to attend my 20-year high school reunion. Will I enjoy it? – Grad

Hey, Poor Rix, have you ever been to a fortune-teller? – Futurist

Yes. She looked into her crystal ball and said, "Your future looks cloudy." So I said, "Maybe you need some glass cleaner."

Poor Rix has never been to a reunion, because he has no class.

But seriously, folks tell me they attend reunions for three reasons: (1) to find out what happened to their best friends, (2) to see how much older everyone else looks, and (3) to display a new figure or a new spouse.

Poor Rix: I hate houseflies. How long do they live? – Fly Swatter

Far too long! Actually, the average fly lives only 15 days. But if he works out and stays away from insect sprays and bug-zappers, he might make it to 21.

Hey, Poor Rix, have you ever been to a fortune-teller? – Futurist

Yep. She looked into her crystal ball and said, "Your future looks cloudy." So I said, "Maybe you need some glass cleaner."

Poor Rix offers bad answers to good questions. E-mail him at rixquinn@charlier.net.

Grapevine Classified

WVCC BOARD MEETINGS: Visitation Valley Community Center (WVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are elected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 2nd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitation Valley. Persons interested in Board membership are encouraged to send a letter of interest to: Board of Directors, Development Committee, Visitation Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

VOLUNTEERS WANTED for WVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, WVCC After School coordinator, (415) 585-2059.

IT'S NOT SMART to do nothing when you have something negative in your life. The issue somehow affects and becomes everybody's problem.

- *Getting nervous and upset.
- *Feeling sick on a regular basis.
- *Feeling like punching out something or someone.
- *Feeling like screaming
- *Can't sleep.
- *Watching television all night.
- *Simply not in a happy frame of mind.
- *Problem making the right choices.

If you are experiencing any of these symptoms, we need to talk with you. Visitation Valley Jobs, Education and Training center offers advocacy and mediation services relating to all types of quality-of-life issues. Court-mandated programs available. Service and trust is our commitment to the community. Contact Marjorie Ann Williams, Counselor at (415) 239-2877.

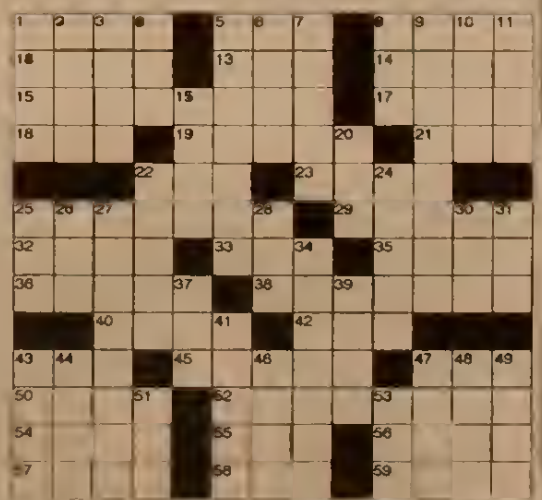
GRAPEVINE DISPLAY ADVERTISING: new limited time rates. Full Page \$60; 1/2 Page \$33.75; 1/4 Page \$18.75; 1/8 Page \$10; 1/12 Page \$8; 1/16 Page \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. Classified: 20 words for \$1. Extra line 50 cents. Ad and payments should be received by 15th of prior month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Crossword Puzzle

Solution on Page 11

ACROSS

- 1 Of the kind of (suf)
- 5 Distress signal
- 8 Chinese (abbr.)
- 12 Gooseberry
- 13 List-ending abbreviation
- 14 Small armadillo
- 15 Fringe of curls or bangs
- 17 Mother of Horus
- 18 Hebrew letter
- 19 Explate
- 21 Greek letter
- 22 Atlantic (abbr.)
- 23 Rim
- 25 Jap. three-stringed instrument
- 29 Eur. porgy
- 32 Malay law
- 35 Haw. feast
- 36 Tamarack
- 38 Bank
- 40 Eng. dramatist
- 42 Waaken
- 43 Her Royal Highness (abbr.)
- 45 Night (pref.)
- 47 Hava (Scot.)
- 50 Authentic (abbr.)
- 52 Jamb (2 words)
- 54 District
- 55 Deviate
- 56 King Atahualpa



- 57 Diagonal
- 58 Compass direction
- 59 Wife of Esau
- 1 Formerly betroth
- 2 Pol source
- 3 In the same place (Lat.)
- 4 Fr. pronoun
- 5 alit
- 6 Elight (Ital.)
- 7 Setting
- 8 Consumer price

- index (abbr.)
- 9 Evening star
- 10 Egypt. bird
- 11 Heb. patriarch's title
- 16 Food
- 20 Electronic data processing (abbr.)
- 22 H
- 24 Dance
- 25 Gal of song
- 26 Ohio college town
- 27 Ledum (2 words)
- 28 Land of Cain

- 30 Lively (Fr.)
- 31 Absent
- 34 Renew
- 37 Chln. dynasty
- 39 Duo
- 41 Germanic gods
- 43 Mayan year
- 44 Country (Lat.)
- 46 Preserve in brine
- 47 Assistance
- 48 Rallquary
- 49 Greenland town
- 51 Laughter sounds
- 53 E. Indian herb

Visitacion Valley Police Report

by Ingleside Captain Paul Chignell
Officer of the Month

Chief Heather Fong named Officer Lucy Clemons of the Ingleside Police Station as the Officer of the Month for the San Francisco Police Department in May. We are all proud of Lucy and the fine work she does for the community and her fellow officers.

Pellow Cases

*On Apr. 23 at 8:15 p.m., an officer stopped a vehicle on the 100 block of Arleta for a registration violation. The driver, who lives on the 1900 block of Oakdale, was driving with a suspended license and was uninsured. He was cited and his 1969 Ford was towed.

*On Apr. 25 at 3:45 p.m., officers went to the 1200 block of Girard and arrested a resident of the 4100 block of Noriega for violating a restraining order.

*On Apr. 26 at 1:32 p.m., officers went to the first block of Brookdale on a domestic violence case where the husband had gotten into an argument with his wife over picking up a child at a local elementary school. The husband threw two objects at his wife thereby injuring her thumb. The suspect was arrested on a domestic violence charge and a warrant for driving with a suspended license. At 2:50 p.m., a phalanx of Ingleside police officers in plainclothes conducted a robbery decoy operation on the first block of Leland. Two suspects who were known to the officers kept a close watch on the decoy victim officer. They then huddled together talking and approached the officer, with one of the suspects pulling his sweatshirt over his head. The suspects then furtively looked up and down the street in the Leland and Alpha area. One of the suspects then grabbed money from the decoy's pocket and pushed the decoy officer and took off down the street. The cover officers quickly captured both suspects. One suspect, with a lengthy and violent criminal record, resides on the 300 block of Munich. The other resides on the 1200 block of Peabody. They were charged with robbery and conspiracy. At 8:30 p.m., officers went to the 100 block of Alpha on a domestic violence case. The victim had been struck by her boyfriend and thrown to the ground. The suspect had then destroyed kitchen items in a violent rage. The suspect was arrested for domestic violence and criminal threats.

*On Apr. 29 at 6:46 p.m., a victim came to the Sunnydale police substation and made contact with officers. She stated that she needed assistance on the 1500 block of Sunnydale with a domestic dispute. The officers located an estranged husband and arrested him on a restraining order violation and a warrant from Pacifica for possession of narcotics paraphernalia.

*On Apr. 30 at 12 noon, officers and a police lieutenant went to the 1200 block of Goettingen on a domestic violence case where a husband had violently thrown his wife against a wall after she accused him of infidelity. The husband was arrested on domestic violence, false imprisonment and destroying a telephone charges.

*On May 2 at 10:53 p.m., an officer and police sergeant were on patrol on the 200 block of Blythdale when they encountered a suspect walking in the middle of the street. When they confronted the suspect he took off running and tried to enter a residence nearby. The officers subdued the suspect and arrested him for violating a restraining order, resisting arrest and for a probation violation. He resides in the area.

*On May 3 at 3 p.m., an officer stopped a vehicle at 1730 Geneva for an equipment violation. The driver, who lives in Daly City, was

unlicensed and uninsured. He was cited and his 1992 Nissan was towed.

*On May 4 at 4 a.m., officers observed a vehicle go through a stop sign on Leland Avenue. They stopped the vehicle and recognized the driver as a person they had been looking for on a domestic violence charge. The resident of the first block of Brookdale was arrested. At 12:04 a.m., an officer stopped a vehicle at Sunnydale and Loehr for a red light violation. The driver, who lives on the 3800 block of Mission, was unlicensed and uninsured. He was cited and his 1994 Volkswagen was towed.

*On May 4 at 8:30 a.m. on the 400 block of Raymond, an officer admonished two juveniles for removing a CD player from another student's backpack.

*On May 5 at 4 a.m. at Santos and Blythdale, officers arrested a resident of the first block of Brookdale for a domestic violence charge.

*On May 8 at 5:08 p.m., officers went to the 1900 block of Sunnydale where a husband had repeatedly struck his wife in the face with his closed fist, thrown a dumbbell at her and had torn the legs off of a chair in a violent rage. The officers arrested the suspect on four felony charges.

*On May 9 at 1:50 p.m., a victim had been robbed on a bus line in the neighborhood. On this date the victim spotted one of the suspects on the 1800 block of Sunnydale. The victim notified officers who in turn alerted other officers. The juvenile suspect was detained and positively

identified by the victim. The resident of the 1800 block of Sunnydale was arrested for robbery.

*On May 10 at 1:50 p.m., an officer stopped a vehicle at Sunnydale and Rutland for a stop sign violation. The driver, who lives in Richmond, was driving with a suspended license and was uninsured. She was cited and her 1995 Lexus was towed. At 2 p.m., police sergeants along with officers were operating a robbery decoy program at Bayshore and Arleta where an officer was dressed as an elderly street person. A suspect approached the decoy officer, engaged him in conversation and then adroitly removed money from the victim officer's pocket. The phalanx of officers captured the suspect, who lives on the 500 block of Lyon and arrested him for grand theft from the person. At 2:42 p.m., the same group of officers were operating in the Santos and Geneva area when a suspect who lives on the first block of Brookdale approached the victim officer, who was pretending to be asleep on the sidewalk. The suspect removed money from the victim officer's pocket and was immediately arrested by cover officers for grand theft from the person.

*On May 11 at 4 p.m., officers were on foot patrol on Leland Avenue when they checked the park at Peabody and found suspects drinking alcohol in public and loitering. One suspect who lives on the 100 block of Desmond was arrested for public drinking and an assault warrant for his arrest.

San Francisco Wins Gold Award As a Bicycle Friendly Community

San Francisco has won a gold award as a Bicycle Friendly Community from the League of American Bicyclists, one of the nation's most respected bicycling groups.

San Francisco is one of only seven cities in the nation to win a gold award, and it is the largest of the seven cities to win the award.

The Bicycle Friendly Community program analyzes the bicycle friendliness of a community in five categories: education, enforcement, encouragement, engineering, and evaluation.

In making its award to San Francisco, the League noted that "San Francisco, Calif., despite its famous hills, has a large and active bicycling population, and the city has an intricate network of signage, lanes, and public transportation to support and encourage bicycling."

The Municipal Transportation Agency's (MTA's) Bicycle Program, working with local bicycling

groups, has been leading the way in encouraging more bike riding in the city, despite the city's hills and congested streets. Muni, which is also under the MTA, is doing its part by placing bike racks on its buses.

That San Francisco has become a bicycle friendly city is shown by the fact that bicycle ridership to work increased by more than 100 percent from 1990 to 2000, according to the census data.

The efforts to encourage more bike riding in San Francisco are continuing. For example, the city will be adding over seven miles of new bike lanes in the first half of this year, an increase of almost 20 percent in bike lane mileage.

For more information on the League of American Bicyclists' Bicycle Friendly Community program, please visit www.bikeleague.org/news/042406com.php.

For more information on the MTA's Bicycle Program, please visit www.bicycle.sfgov.org.

Don't Forget to Cancel Those Credit Cards

After a woman had died this past January, a credit card company billed her for February and March for their annual service charges on her credit card, and then added late fees and interest on the monthly charge. The balance had been zero, but increased to somewhere around \$60. A family member of the deceased placed a call to the bank:

*Family Member: "I am calling to tell you that she died in January."

*Bank: "The account was never closed and the late fees and charges still apply."

*FM: "Maybe, you should turn it over to collections."

*B: "Since it is two months past due, it already has been."

*FM: So, what will they do when they find out she is dead?"

*B: "Either report her account to the frauds division or report her to the credit bureau, maybe both!"

*FM: "Do you think God will be mad at her?"

*B: "Excuse me?"

*FM: "Did you just get what I was telling you - the part about her being dead?"

*B: "Sir, you'll have to speak to my supervisor." (Supervisor gets

on the phone.)

*FM: "I'm calling to tell you, she died in January."

*B: "The account was never closed and the late fees and charges still apply."

*FM: "You mean you want to collect from her estate?"

*B: (Stammer) "Are you her lawyer?"

*FM: "No, I'm her great nephew." (Lawyer info given)

*B: "Could you fax us a certificate of death?"

*FM: "Sure." (fax number is given. After they get the fax.)

*B: "Our system just isn't set-up for death. I don't know what more I can do to help."

*FM: "Well, if you figure it out, great! If not, you could just keep billing her. I don't think she will care."

*B: "Well, the late fees and charges do still apply."

*FM: "Would you like her new billing address?"

*B: "That might help."

*FM: "Odessa Memorial Cemetery, Highway 129, Plot Number 69."

*B: "Sir, that's a cemetery!"

*FM: "What do you do with dead people on your planet?"

Police Summaries

*Apr 23 Heritage and Schwerin Aves., battery
*Apr 23 1900 block of Sunnydale Ave., found 16 year-old girl

*Apr 23 First block of Towerside Ave., domestic violence, victim pushed to ground, contusion.

*Apr 24 5 Camzal Ave., found 1986 Plymouth
*Apr 24 First block of Carrizal Ave., threats, domestic violence

*Apr 25 Bayshore Blvd. and Leland Ave., theft of bicycle

*Apr 25 First block of Blythdale Ave., malicious mischief

*Apr 25 100 Elliot St., found 1992 Chevrolet

*Apr 25 Rutland St. and Wilde Ave., stolen 1992 Ford

*Apr 25 400 block of Wilde Ave., breaking windows, damage to vehicle

*Apr 26 401 Argonaut Ave., found 1985 Toyota
*Apr 27 3 p.m., 1700 block of Sunnydale Ave., shots into bedroom window

*Apr 27 100 block of Garrison Ave., vandalism
*Apr 27 20 Heritage Ave., stolen 1989 Ford

*Apr 27 100 block of Loehr St., runaway, 16 year-old girl

*Apr 27 1700 block of Sunnydale Ave., found, 14 year-old boy

*Apr 28 2:30 p.m., 100 block of Blythdale Ave., burglary, window, stereo

*Apr 28 128 Cora St., license plate stolen

*Apr 28 1100 block of Girard St., sayaway order violation

*Apr 28 1800 block of Silliman Ave., missing man, 31 years-old

*Apr 28 200 block of Velasco Ave., harassing phone calls

*Apr 29 3:15 a.m., First block of Santos St., shooting, victim hit in leg and buttocks, has no idea who would shoot him

*Apr 29 Desmond St. and Sunnydale Ave., stolen 1992 Jeep

*Apr 29 151 Elliot St., found 1989 Honda

*Apr 29 529 Raymond Ave., stolen 1986 Toyota

*Apr 29 900 block of Sunnydale Ave., missing 16 year-old girl

*Apr 29 1600 block of Sunnydale Ave., threats

*Apr 30 434 Campbell Ave., found 1986 Toyota

*Apr 30 100 block of Hahn St., annoying phone calls

*May 1 8:33 p.m., 100 block of Blythdale Ave., shooting, victim hit in torso, completely uncooperative

*May 1 100 block of Blythdale Ave., suspects detained in gun case, no gun found

*May 1 San Bruno Ave. and Woodsey St., fraud, loss \$2,000

*May 1 First block of Santos St., threats, extortion

*May 2 Teddy Ave. and Rutland St., found 1993 Nissan

*May 3 10:15 a.m., Blythdale Ave. and Santos St., domestic violence, vicious attack on victim, hospitalized with facial injuries, suspect known

*May 3 1400 block of Felton St., arson of vehicle

*May 3 500 block of Leland Ave., vandalism

*May 3 1700 block of Sunnydale Ave., mental detention, 31 year-old woman

*May 3 1900 block of Sunnydale Ave., missing, 13 year-old girl

*May 4 13 Blythdale Ave., found 1992 Jeep

*May 4 1700 block of Sunnydale Ave., mental detention, 31 year-old woman

*May 5 100 block of Argonaut Ave., domestic violence

*May 5 100 block of Britton St., found 11 year-old boy

*May 6 38 Kelloch Ave., stolen 1993 Lincoln

*May 6 1800 block of Silliman St., missing 58 year-old woman

*May 6 1800 block of Sunnydale Ave., malicious mischief

*May 7 First block of Blythdale Ave., graffiti

*May 7 1800 block of Silliman St., found 58 year-old woman

*May 7 500 block of Visitacion Ave., stayaway order violation

*May 8 63 Argonaut Ave., found 1990 Buick

*May 8 First block of Blythdale Ave., vandalism

*May 8 1900 block of Sunnydale Ave., graffiti

*May 9 500 block of Campbell Ave., found 80 year-old man

*May 9 400 block of Raymond Ave., theft, computer mouse

*May 10 1:30 p.m., 100 block of Brookdale Ave., burglary, door, television

*May 10 3300 block of San Bruno Ave., found 2006 Mazda

*May 10 1700 block of Sunnydale Ave., assault

*May 11 7 p.m., 2000 block of Bayshore Blvd., robbery, strongarm, purse, 3 suspects

*May 11 500 block of Somerset St., theft from locked vehicle

*May 11 1600 block of Sunnydale Ave., shooting, vehicle from prior incident located and impounded, subjects detained and released

*May 12 First block of Brookdale Ave., breaking windows

*May 13 100 block of Hahn St., violation of restraining order

*May 14 2:50 a.m., First block of Carrizal St., assault with knife

*May 14 5:14 a.m., 300 block of Campbell St., fire, elderly man dies

*May 14 First block of Blythdale Ave., theft, shoes

*May 14 First block of Blythdale Ave., mental detention, 13 year-old girl

*May 15 20 Argonaut Ave., found 1991 Nissan

*May 15 500 block of Argonaut Ave., harassing phone calls

*May 15 First block of Blythdale Ave., vandalism

*May 15 201 Brookdale Ave., found 1993 Lincoln

*May 15 300 block of Campbell Ave., domestic violence (occurred in Bayview)

Renowned Certified Senior Advisor Explains Five Biggest Financial Retirement Mistakes

The biggest surprise many Baby Boomers and retirees encounter is the realization that their 'bullet-proof' retirement savings plan is riddled with bullet holes. Living longer, ironically, often means out-living nest-eggs intended to ensure financial comfort.

Alan Haft, a renowned Certified Senior Advisor, has made his mark helping the wealthy become wealthier, and the not-so-wealthy achieve financial security; often through innovative, blended plans. He knows firsthand the pitfalls and obstacles so many people face in both preparing for and living comfortably in retirement.

"Most of what I've seen in the industry in terms of poor retirement planning involves improper guidance or self-guidance, riddled with a lack of foresight," says Haft. "Preparing to live comfortably in retirement isn't necessarily rocket science, but it does require basic analysis, preparation, and awareness of options."

Haft explains the 5 biggest mistakes people make when planning for retirement:

*Thinking it's too late to start planning. Once you reach your 50s or 60s, it may seem too late to start investing. But thanks to the power of compounding, boosted by the tax-deferred growth offered by individual retirement account (IRAs), 401(k) plans, and annuities, it may not take as much as you think to build up a nest egg.

*Underestimating your life expectancy. Almost 20 percent of workers expect their retirement to last 10 years or less, while an additional 15 percent expect their retirement to last 11 to 19 years. But according to the 2000 Retirement Confidence Survey by the Employee Benefit Research Institute (EBRI), half of the men reaching age 65 have an additional life expectancy of approximately 17 years, while half of the women reaching age 65 have an additional life expectancy of approximately

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*May 15 300 block of Campbell Ave., domestic violence (occurred in Bayview)

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Bayview Police Station Update

by Bayview Captain Albert Pardini
Internet Safety

There are some steps that parents can take to prevent their child from being victimized. The Internet and websites such as myspace.com make it easy for users to post their profiles on line and in turn make it easy for other people to find out about them, including predators. Many young teens do not realize that they may be revealing too much to these would be predators. Coupled with a young teens natural curiosity of the world around them they can find themselves over their heads in a hurry.

It is recommended that the computer be kept in a family room or another open space in the home. This will allow a parent to keep an eye on what the computer user is doing. If your child has an account with myspace.com or similar sites, know their user name and profile. Educate them about the dangers of revealing too much such as a full name, birthdays, addresses, and other personal information. Keep in mind that a crafty teen may create a profile that may make them appear older or even open a "free" email service through yahoo.com or hotmail.com that can be accessed outside the home.

Know what websites are being viewed. This can be done by pressing CTRL-H or by navigating the Internet Tools menu. Many programs are equipped with parental controls that can allow a parent grant access to websites that would be appropriate for children. Use of the Internet is a privilege, not a right. Be diligent.

Know who your child's friends are, their parents, and how to contact them. Know where your child is and where they are going. If your child has a cell phone look at the call history. Question your child about the phone numbers that appear frequently. Note the times that calls were made and the length of them.

Police Cases

*Friday, Apr. 21, 1:25 p.m., Wayland and Girard Sts., Street Robbery: A young woman and her mother were walking in this area of the Portola District when they were approached from behind by two males. The first suspect grabbed the woman's purse off of her shoulder. The force caused this woman to fall to the ground, striking her head. Simultaneously, the second suspect attempted to grab the older woman's purse, but she held on. A struggle ensued and the woman fell to the ground. She was able to keep her purse but suffered injuries to her chest, hip, and knee and was taken to San Francisco General Hospital (SFGH). The suspects are described as black males between 17-18 years old. The first suspect is 6'0" approximately 220 pounds last seen wearing a black jacket. The second suspect is 5'6", 150 pounds.

*Friday, Apr. 28, 1:30 p.m., 3000 San Bruno Ave., Passing Stolen Checks: An officer responded to 3000 San Bruno on a report of a woman attempting to pass a stolen check. When the officer arrived, the woman was still in the store attempting to cash the check. During the officer's investigation, he obtained permission to look into the suspect's purse. He noted that there was a note inside the purse that had the personal information for the name that was on the check, but that other items in the purse had a different name. As the officer was investigating the purse, the suspect began to suspect that perhaps all was not well and she suddenly ran out of the store. The officer gave chase to the woman female suspect. The officer and was able to catch up to her. After the woman was treated for asthma at SFGH, she was booked on fraud,

forgery and burglary charges at County Jail.

*Monday, May 1, 11 p.m., San Bruno Avenue, Robbery, Assault with a Shotgun: Bayview and Ingleside Station units flooded the area of San Bruno Avenue between Wayland and Bacon streets on a report of a robbery and then a subsequent shooting. The first victim advised that she was walking on San Bruno Avenue near Wayland Street when she saw a masked man armed with a shotgun. The man attempted to conceal the gun by hunching over. The suspect then demanded the woman's money. The woman believed that the shotgun was a toy and refused. A second masked suspect appeared out of nowhere and made the demand again. Both men searched the woman and removed money and a lottery ticket from her. The suspects ran north on San Bruno Avenue. The woman screamed for help but no one came to her aid. A few moments later she heard a gunshot from the area of San Bruno Avenue and Bacon Streets approximately two blocks from her. It was learned that a man was shot in the abdomen. The suspects then began to run south on San Bruno Avenue past the woman. This time their masks were off. The man that was shot was unable to give a statement and transported to SFGH. It was unclear if robbery was a motive because the man had all of his personal property with him. One of the businesses has a video camera that may have captured the suspects on film. The suspect with the shotgun is believed to be a Hispanic male approximately 5'03" and a heavy build. The second suspect is an unknown race 5'07", thin build.

*Sunday, May 7, 4 p.m., Solicitation of a Minor by Internet: Many details of this incident are being withheld due to the age of the victim. Bayview Officers were alerted by the family members of a 14 year-old boy that had been victimized by a twenty-one year old man. It was learned that the suspect met the boy online using the myspace.com website. The man posed as a seventeen year old and solicited the boy.

*Wednesday, May 10, 4:50 p.m., Bowdoin and Silliman Streets, Purse Snatch: The victim was walking south on Bowdoin, talking on her cell phone when the suspects walked up to her and punched her in the face. Then the suspects pushed her to the ground and grabbed her purse. The suspects then ran off with the purse. The suspects are described as two African American males in their late teens, 5'8" and 150 pounds. Both were wearing dark clothing.

EarthTalk

Future of Wind Energy

Dear EarthTalk: I've been hearing that wind power is going to play a significant role in our energy future. What's the story? -Dorothy Raffman, Norwalk, CT

Wind energy is zero-emissions energy, a renewable resource that many environmentalists and alternative energy proponents feel is one of our last, best hopes for staving off devastating climate change. According to the American Wind Energy Association (AWEA), the average wind turbine can prevent the emission of 1,500 tons of carbon dioxide each year.

Globally, wind energy has grown 500 percent since 1997. In 2003, 8,133 megawatts of wind-generating capacity were installed worldwide, according to a recent joint announcement from AWEA and the European Wind Energy Association (EWEA). This brought the world's total wind power generating capacity to 39,294 megawatts, enough to power 19 million European households, according to EWEA. World wind leaders include Germany, the U.S., Spain, Austria and India, each with more than 1,000 megawatts. A number of other countries, including the Netherlands, Italy, Japan and Great Britain, are nearing the 1,000-megawatt mark.

In the United States, there are now wind energy installations in almost every state west of the Mississippi, and in many Northeastern states. California leads with more than 2,000 megawatts of installed wind energy, followed by Texas with

Friends of the Urban Forest Building Community, Tree by Tree

Friends of the Urban Forest (FUF) celebrated its 25-year anniversary in 2006 and the 40,000 San Francisco street trees planted by the organization and its dedicated volunteers.

Since 1981, FUF's community-based tree plantings have literally transformed San Francisco's cityscape. These 40,000 trees are more than all the trees in Golden Gate Park, and represent 40 percent of the city's 100,000 street trees. San Franciscans rely on FUF to plant and maintain trees for a more beautiful and healthy city, and also to bring neighbors together and build community in neighborhood-based tree plantings.

"Neighbors came together for the first time at our local FUF tree planting," said Tomás Ramírez, co-chairman of the board of directors of the Mission Cultural Center for Latino Arts. "As a result of the planting, we formed a neighborhood watch group and organized street cleanings. Trees were not the only thing that took root

nearly 1,300 megawatts. In total there were nearly 6,400 megawatts of wind power in the United States as of January 2004, enough to power 1.6 million U.S. homes, and up 50 percent from the installed capacity in the U.S. at the end of 2001, says AWEA.

Offshore wind has enormous growth potential as well. Germany, for instance, recently finalized an agreement to build a 350-megawatt project (with 70 five-megawatt turbines) anchored on the ocean floor off the island of Rügen. Here in the United States, in Massachusetts, the Cape Wind Project hopes to construct a \$700 million, 420-megawatt, 130-windmill development that would stretch for five miles off Cape Cod, though it has drawn opposition from some residents, as has the German project, for fears that it will be an eyesore and could harm migrating birds.

Contacts: American Wind Energy Association, (202) 383-2500, www.awea.org; European Wind Energy Association, +32 2 546 1940, www.ewea.org; Cape Wind Project, 617-904-3100, www.capewind.org.

Dear EarthTalk: Which are better for the environment, disposable or cloth diapers? -Barbara Fritts, White Lake, MI

The "disposable versus cloth" debate has raged among environmentalists for years. Non-degradable disposable diapers can sit for decades, even centuries, in landfills and require thousands of tons of plastic and hundreds of thousands of trees to manufacture. However, the water and chemicals used to clean cloth diapers, and the fossil fuels diaper services consume to transport them, suggest that their relative environ-

in our community that day."

Friends of the Urban Forest is not only a familiar name, it has become a critical part in maintaining the city's green infrastructure. "Friends of the Urban Forest is a civic treasure," said Mayor Gavin Newsom. "I cannot imagine San Francisco without them."

FUF plays an integral role in the mayor's Livable City Initiative, and FUF Executive Director Kelly Quirke serves on the city's Urban Forest Council and Green Vision Council, and FUF is a key component of the city's Green Connect, to be launched in August.

Friends of the Urban Forest started with a small group of concerned San Franciscans in the early 1980's. After the city cut funding to urban forestry, they gathered community support and organized the first official Friends of the Urban Forest planting on Sanchez Street in Noe Valley Arbor Day, Mar. 7, 1981. Since that first planting, FUF has worked with over 40,000 volunteers to plant trees in every neighborhood in the city. FUF now sustains programs in Community Tree Planting, Tree Maintenance, a Youth Tree Care Program, and Education and Community Outreach.

History and Background

"Friends of the Urban Forest (FUF) is a 501(c)3 nonprofit organization committed to revitalizing San Francisco's urban forest with regular neighborhood-based tree plantings and maintenance throughout San Francisco.

"Since its founding in 1981, FUF has helped San Franciscans plant more than 40,000 trees along city streets - more than all the trees in Golden Gate Park.

"As one of the oldest and most respected tree planting organizations in the country, FUF has been a leader in the efforts to green cities and build strong community organizations one tree at a time.

"For the 25th anniversary, Friends of the Urban Forest is producing a short documentary on the history of the organization and the greening efforts in San Francisco over the past 25 years.

"Through partnerships with government, corporations, foundations, and community volunteers, FUF has created a model program

mental impact could be a wash.

However, modern advances in water- and energy-efficiency in washing machines and dryers have reduced the environmental impact of diaper laundering. Concerned parents should also consider the issue of sewage. The urine and feces in disposable diapers enter landfills untreated, possibly contaminating the ground water supply. Whether cloth diaper waste is flushed down the toilet or removed in the washing machine, that dirty water will enter a sewer system and, most likely, a wastewater treatment plant.

Also, John Shiffert, executive director of the National Association of Diaper Services (NADS), points out that the chlorine byproduct dioxin, a carcinogen, has been found in trace amounts in disposables.

Those concerned about the environment who want the convenience of disposables can try Nature Boy and Girl, which makes a competitively priced, cornstarch-based diaper that can be composted. Using flushable cloth diaper liners, made by Tiny Tush and other companies, means only the thinnest—and messiest—part gets thrown away. Parents who want to use cloth diapers can hire a cleaning service to do the dirty work. Their numbers have rebounded in recent years. Check the yellow pages, or contact NADS to locate a service in your area.

Contacts: National Association of Diaper Services (NADS), (610) 971-4850, www.diapermet.com; Nature Boy and Girl, (425) 771-1339, www.natureboyandgirl.com

Got an environmental question? Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881, submit your question at: www.emagazine.com; or e-mail us at: earthtalk@emagazine.com

that has significantly expanded San Francisco's urban forest. Through these partnerships, government and private funding provides the capital to buy the trees, while volunteers provide the "sweat equity" to plant and care for them.

"Trees planted by FUF beautify the neighborhood and transform city streets with seasonal color and fragrance. They also help fight pollution by filtering particulates from the air and releasing oxygen, reduce reflected heat and glare, and absorb traffic noise. A recent analysis of San Francisco's trees calculated the net benefit of the urban forest at \$7.5 million annually.

"FUF's tree planting and maintenance programs instill community spirit and neighborhood pride. Each year, Friends of the Urban Forest helps communities plant over 1,000 trees. At neighborhood plantings neighbors meet, often for the first time, to improve their streetscape and enhance their community.

"In 1995, Friends of the Urban Forest formally instituted Tree Care to improve tree health and to increase survival rates of newly planted trees. Friends of the Urban Forest's certified arborists, assisted by volunteers and trainees, prune and re-stake existing street trees and ensure tree vitality in the harsh urban environment.

"Friends of the Urban Forest seeks to increase public awareness and appreciation of the importance of trees to San Francisco. In addition to its newsletter and other periodic publications, it offers tree tours, quarterly pruning workshops, and leadership training for community volunteers.

"Friends of the Urban Forest's Youth Tree Care Program, which trains and employs economically disadvantaged youth in planting and tree care, encourages young people to engage with their communities and introduces them to careers in urban forestry. Over the past ten years YTCP has maintained 5,400 trees in San Francisco.

"In all its programs, Friends of the Urban Forest seeks to improve our environment, build community and connect San Franciscans with the natural world and with each other.

Urban Forest Benefits: What Trees Do for You

*Trees Improve Quality of Life - Trees create relaxing, beautiful, healthy spaces, absorb traffic noise and increase privacy.

*Trees Strengthen Communities- The involvement of people in the planting and care of local trees can help build a stronger sense of neighborhood and civic pride.

*Trees Increase Property Values - A row of mature street trees has been shown to increase property values between 5- 18% *(Dec. 2003 UC Davis report estimates that San Francisco street trees increase property values by \$ 6.7 million per year).

*Trees Grow Business - Research from the University of Washington indicates that "...healthy and well-maintained trees send positive messages about the appeal of a [business] district, the quality of products and what customer service a shopper can expect."

*Trees Reduce Stress - Urban residents and workers suffering from stress have been found to experience less anger, sadness and insecurity when viewing well-treed surroundings.

*Trees Help Kids Learn - Studies have shown that students' attention spans are increased when they have a view that includes tress.

*Trees Save Energy - A recent study at the Center for Urban Forest Research found that strategically planting shade trees could reduce the need for power plants in the long term.

*Trees Clean the Air - According to the U.S. Forest Service research, through photosynthesis the average tree in a residential neighborhood will annually clean about 330 pounds of carbon dioxide from the air as well as provide enough oxygen for a family of four.

*Trees Help Reduce Global Warming - Trees reduce the emission of carbon dioxide (by decreasing energy needs) and then absorbing the carbon dioxide released from our cars, homes, and power plants. Too much carbon dioxide in our atmosphere is the primary cause of global warming.

*Trees Decrease Flooding - Trees reduce flooding by helping to reduce runoff. A typical community forest of 10,000 trees will retain approximately 10 million gallons of rainwater per year (United States Forest Service Research).

Visitacion Valley Business Directory

Valley free listings in the 415 area code.
Call the Grapevine at (415) 467-9300.

ANTIQUES
JM CHINESE ANTIQUES & AQUARIUM, 144 Leland Ave., 586-1038

AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5229
BROTHERS AUTO BODY, 2520 Bayshore Blvd.
CHARLES GARAGE, 2560 Bayshore Blvd., 239-7450
TW AUTOMOTIVE, 2500 Bayshore Blvd., 586-8281

BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS
DeMASIS BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709

BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENAS SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800
WHO'S BADD, 224 Leland Ave., 667-3156

BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Grand St., 467-7506

BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382

CASKETS
CASKETORIUM, INC., 90 Leland Ave., 586-3451

CHURCHES
CHURCH OF THE VISITACION, 656 Sunnydale Ave., 239-5860
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

COFFEE
CANOLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
JOE, 28 Leland Ave.

CREDIT UNION
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738

DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5363

DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5600

DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895

ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657

FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

GROCERS
CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745
E-Z STOP MARKET, 2203 Geneva Ave., 586-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 586-0878
PICCOLO PETE, 2156 Bayshore Blvd., 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6866
TEDDY'S MARKET, 298 Teddy Ave.

HERBS
SAN ON HERBS, 33-A Leland Ave. 333-7469

HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

INSURANCE
EDIE EPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850

KITCHEN CABINETS
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730

LAUNDRY CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING
3-A-1 LEARNING ACADEMY, 240 Leland Ave., 584-8565
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4307
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 586-9320

LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

MANUFACTURER
NATIONWIDE PAPER, 345 Schwenn St., 586-9180

MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave., Appointments 715-0310
DR. SAM HO, M.D., 9 Silliman St. No. 4, 337-6135
NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave. 467-7500

NOTARY
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900

ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2060 Sunnydale Ave., 333 Schwenn St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401

POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777

REAL ESTATE
JUSTYNA P. TO (Century 21), 2488 Junipero Serra Blvd., Daly City 94015, (650) 991-5215, Mobile (415) 830-1235
CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex 163

RESTAURANTS
BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023
CLIFF'S BAR-B-Q & SEAFOOD, 2177 Bayshore Blvd. 330-0736, Fax 330-9813
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
HERNANDEZ TAQUERIA & BAKERY, 98 Leland Ave., 587-7721
LIJAN FAT BAKERY, 110 Leland Ave., 585-1167
MISS MATTIE'S SUNFLOWER BLUES CAFE, 107 Leland Ave., 333-8854
PHO Y & G RESTAURANT, 73 Leland Ave., 469-5686
TWO JACKS, 167 Leland Ave., 337-0433

SCULPTOR
CARTORIALS (Mikal Cantor), 2 Hahn St., 239-4138

SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

SERVICE PROVIDERS
THE VILLAGE, 1099 Sunnydale Ave., 239-5045
VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESS), 120 Leland Ave.
VISITACION VALLEY COMMUNITY CENTER (VVO), 50 Raymond Ave., 467-6400
VVO FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave. 586-6998, Fax 586-8027
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VJNET), 1099 Sunnydale Ave., 239-2666

TAVERN
THE CLUB HOUSE, 25 Blanken Ave.

TELEPHONE
D & A WIRELESS, 78 Leland Ave., 452-4139

VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

Ask Debi

by Debi Gutierrez

Finding the Right Preschool Dear Debi:

I have been a stay-at-home mom since my son's birth. He is reaching the age where I need to send him to preschool. As a parent, I am hesitant to enroll him in just any preschool out of convenience. What is it that I should be looking for when choosing the right school for my son?

-Searching for the Right One Dear Searching:

I first off want to commend you for making the decision to send your child to pre-school. It's probably the most important thing you can do to prepare your child emotionally, socially and academically for their school years.

Finding the right preschool can be as confusing as finding a college. As a parent, you want to be sure to find a preschool that will provide the right social setting and curriculum for your child. One thing to remember is that what is good for one child isn't always good for another. Preschools offer different programs so it is important to know what you are looking for. A good first step is to make a list of the qualities you are looking for in a preschool and do some research. Ask other parents what they think of the preschool as well and how long their children have been enrolled there.

Make sure the school is licensed by the state. This assures that the facility has met health, safety, and teacher training standards set by the state. Also take notice of the indoor and outdoor maintenance of the facility and be certain the equipment is age appropriate. Check for secured gates and that the facility is set up to keep chil-

dren safe. The next thing to look out for is the teacher/child ratio. There should be one adult to every 10 four-year-olds. You also ought to also ask how much experience the teachers and aides have had.

In addition, location is very important. Research the area, but also be sure to find a preschool that is close enough to home or work depending on who will pick up the child in case of illness or emergency. Should there be any cultural or language needs, it is important to find a school that can accommodate those needs.

Nutrition is another key factor when choosing a preschool, especially if your child has any particular needs. Some schools consult with a nutritionist before allowing their cooks to prepare meals for the children.

Above all, it is best to visit each preschool and see for yourself how the facility is being operated. Observe how the teachers and children interact with one another and ask yourself if this is the best fit for you and your child. Once your child is enrolled, be sure to monitor the operations [MSOffice] and talk frequently with the staff.

Good Luck, Debi

For more information on these and other important topics, please tune in to A Place of Our Own and Los Ninos en Su Casa on your local PBS station. Or visit www.aplaceofourtown.org and www.losninosensucasa.org. If you have a question about your raising a preschool-age child, please contact julie@vccpr.com.

Crossword Puzzle Solution

A	T	I	C	S	O	S	C	H	I	N
F	A	B	E	E	T	C	P	E	B	A
F	R	I	S	E	T	T	E	I	S	I
Y	O	D	A	T	O	N	E	P	S	I
		A	T	L	E	D	G	E		
S	A	M	I	S	E	N	P	A	R	G
A	D	A	T	D	O	R	L	U	A	O
L	A	R	C	H	D	E	P	O	S	I
		S	H	A	W	S	A	P		
H	R	H	N	O	C	T	I	H	A	E
A	U	T	H	D	O	O	R	P	A	R
A	R	E	A	E	R	R	I	N	C	A
B	I	A	S	N	N	E	A	D	A	H

Visitacion Valley Family and Community Services Center



For a Better, Healthier, Safer Community for All

We Can Help You!

Complete immigration documents, assist with SF County paper work (Medi-Cal/Welfare, etc.)
parent education workshops, referrals to other services

For more information,
please contact the
Family and Community
Services Center staff:

Meriam T. Abalos
Marichelle Punzalan
Tammie Lawrence
Joyce Boone
Elaine Cheung
Jairo Munoz
Marianna Chan

Meet and Eat
Parents and Children
Playground Interaction
Games and Activities

Theme: Coloring
Friday, June 9
5:30 pm - 7:00 pm

Theme: Lego
Friday, June 16
5:30 pm - 7:00 pm

Friday, June 16, 1:30 - 2:30 p.m.



Father Support Group
Facilitated by: Jay Townsend, Certified National
Public and Community Leadership Fatherhood.
For more information, please call FCSC Staff
(415) 586-6998 or Tracy Dixon,
Residence Service Coordinator,
(415) 333-9956

FREE Refreshments!
243 Rey St.
Visitacion Valley Heritage Home

Resource Fair
at Visitacion Valley
Saturday, June 10
10:00 am - 2:00 pm

June 2006 Activities

All of the listed activities below are held at:
161 Leland

Enhance Information and Referral
Every Monday through Friday
June 1 - 30
9:00 am - 5:00 pm

Free Food Distribution
Every Monday
Monday: June 5, 12, 19, 26
3:00 pm - 4 pm

Monthly Parent Advisory Council
Friday, June 2
5:30 pm - 7:00 pm

Individual and Family Counseling
Friday, June 23
4:30 pm - 5:30 pm

Parent Support Group
Teaching Parents the Difference of Respect and Control
Friday, June 23
5:30 pm - 7:30 pm



161 Leland Avenue, San Francisco, CA 94134
Tel: (415) 586-6998 Fax: (415) 586-8027 e-mail: meriam_vvcc@sbeglobal.net



**Cathy began looking at Visitacion Valley real estate in 1949,
and she's been out in front of the competition ever since.**

Cathy has been the most successful REALTOR® in Visitacion Valley for more than 20 years.

She was born and raised in the Valley, and has successfully represented buyers and sellers for years. She's actively involved in neighborhood charities and community events.

For all your real estate needs, call Cathy!



Cathy Kline Saunders
Broker Associate, REALTOR®
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